

MORALE, WELFARE AND RECREATION DEPARTMENT
Naval Support Activity Monterey
Monterey, CA 93943

(831) 656-2502; Fax 656-3677; website www.mwr.nps.navy.mil

5420/8
Code 225
8 February 2005

From: Quality of Life Director
To: Distribution

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION (MWR)
ADVISORY BOARD MEETING OF 5 JANUARY 2005

Ref: (a) NAVPGSCOLINST 1700.2B

1. In accordance with reference (a), the MWR Advisory Board Meeting commenced at 10:06 a.m. on Wednesday, 5 January 2005, in the La Novia Room, Herrmann Hall, Naval Postgraduate School (NPS).

2. Members and Guests Present

<u>Name</u>	<u>Title & Organization</u>	<u>Email Address</u>
James Thomas	Quality of Life Director/ MWR	jrthomas@nps.edu
Darlene Raish	Leisure Services Manager/MWR	drdraish@nps.edu
Megan Ryan	Child and Youth Services Director/MWR	mdryan@nps.edu
Dave Stockly	Golf Course/RV Campground Manager/MWR	dstockly@nps.edu
Loy Vincent	Fitness Center Manager/MWR	lvincent@nps.edu
Rachel Sierpien	Community Activities/ Liberty Manager/MWR	rssierpi@nps.edu
Simon Lupton	General Manager/NEX	Nex_Monterey- gm@nexnet.navy.mil
RP1 Lucy King	LPO, Command Religious Program/NPS	llking@nps.edu
Mary Jo McDonough	International Activities Coordinator/DRMI	mjmc dono@nps.edu
AOCS G. L. Vestal	MWR Representative/FNMOC	vestalg@fnmoc.navy.m il
Paddy McGrath	Monterey Navy Flying Club Manager/MWR	pmcgrath@nps.edu
LCDR Dominick Vincent	President's Student Council/NPS	davincen@nps.edu
JOC Michael Martin	Deputy PAO/NPS	mwmartin@nps.edu
Lawrence Burton	Relocation Assistance Manager/FFSC/NPS	lburton@nps.edu

3. Mr. Thomas asked for a motion to approve the minutes from the last meeting. Mr. Vincent made a motion to approve the minutes as written, and Ms. Raish seconded.

4. Old Business. None.

5. Activity Updates

a. Club Del Monte, Mr. Thomas. The El Prado Dining Room renovation has been delayed. When we solicit for bids, we will specify work to not start before 1 October.

- Valentine's Dinner, Monday, 14 February. Choice of Entrée: Sautéed Prawns and Lobster, Roast Prime Rib with Aux Jus, Stuffed Chicken Breast, or Baked Puff Pastry with Grilled Porta Bella Mushrooms, salad and Grand Marnier mousse cake for dessert. Adults \$19.50; children 5 - 10 \$9.50; under 5 free; call 656-2170 for reservations.
- January Weekly Dinner Specials

Monday. Fresh Seafood Cioppino served with fresh Caesar salad and garlic bread; adults \$9.50, children 5 - 10 \$4.75.

Tuesday. Slow Roasted Prime Rib with Aus jus with horse radish, baked potato & sour cream and chef's choice dessert; \$13.00.

Wednesday. Chicken Enchiladas served with black beans, Spanish rice, and salsa; adults \$8.50; children 5-10 \$4.00.

Thursday. Family Night: Turkey Meat Loaf with gravy served with roasted potato wedges; adults \$7.50; children 5-10 \$3.50.

Friday. Grilled Crab Cakes with chardonnay cream sauce served with penne pasta in a marinara sauce and sautéed vegetables; adults \$12.00; children 5-10 \$5.95.

- February Weekly Dinner Specials

Monday. Fresh Seafood Cioppino with shrimp, calamari, crab and mussels, served with fresh Caesar salad and garlic bread; adults \$9.50, children 5 - 10 \$4.75.

Tuesday. Slow Roasted Prime Rib with Aus jus accompanied with horse radish, baked potato & sour cream and chef's choice dessert; \$13.00.

Wednesday. Stuffed Pork Loin with sautéed spinach and ricotta cheese with a port wine sauce served with red roasted potatoes and sautéed fresh vegetables; adults \$11.00; children 5-10 \$5.50.

Thursday. Family Night: Pot Roast served with mashed potatoes and gravy and fresh vegetables; adults \$9.00; children 5-10 \$4.50.

Friday. Stuffed Buché with salmon, scallops and shrimp with leeks and mushrooms served with fresh vegetables; adults \$12.50; children 5-10 \$6.25.

The above dinner specials are served in the El Prado Dining Room from 4 - 9 p.m. For more information, please call 656-2170.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY
BOARD MEETING OF 5 JANUARY 2005

b. Leisure Services Division, Ms. Raish

(1) Marina

(a) Dock Renovation. The project is being put out for bid through Commander Navy Region South West (CNRSW).

(b) Marina Concessionaire Contract. Currently being reviewed by CNRSW.

(2) Monterey Bay Athletic Center (MBAC), Ms. Raish

(a) Sports

Basketball

When: League begins 10 January
Days: Mondays and Wednesdays
Times: 1800, 1900, 2000, maybe 2100
Meeting: 5 January 2005 at 1600 at MBAC

Volleyball

When: League begins 11 January 2005
Days: Tuesdays and Thursdays
Times: 1800, 1900, 2000, and 2100
Meeting: 4 January 2005 at 1600 at MBAC

Soccer

When: League begins 15 January 2005
Days: Saturdays, make-up games Sunday
Times: Vary
Place: DLI Hilltop Field
Meeting: 7 January 2005 at 1600 at MBAC

Racquet Tournament COED--Play For Prizes: 1st & 2nd in Each Category

When: 3 - 7 February
Times: Vary
Where: NPS GYM
Categories: A, B, C Levels
Cost: Active Duty & Reservists \$12; Family & Retired \$13; DOD \$14

St. Patrick's Day 5k Run

When: Friday, 18 March
Time: 3 p.m.
Where: Front Parking Lot of MBAC
Cost: Active Duty & Reservists \$12; Family & Retired \$13; DOD \$14; Kids Can Run For Free!!

Run For Great Prizes!! Gift certificates for men and women, overall winners and 1st & 2nd place winners. Sign-Up Now!! Call 656-2497 for questions.

(b) Fitness, Mr. Vincent. Discussed locker renovation project. Converted some lockers to full-length lockers that will be available in about three weeks; these are only available for individuals who bike ride to NPS. There are 30 available for men, and 10 available for women. Working on procedures for ensuring the lockers are being used by bike riders.

Executive Bootcamp

When: 13 January to 17 March; class meets
Thursdays from 11 a.m. to 12 p.m.

Cost: \$20 Military; \$30 DOD Civilian

Program: The MBAC presents their semi-annual ten-week weight loss, nutrition education, and strength/cardiovascular training class (lecture only). Come and be taught by a Registered Dietitian and by your resident Fitness Specialists/Trainers (B.S. Physical Education). IF you lose an agreed amount of body fat, participants get half the entry fee back. Besides the challenge, learn how to improve your fitness level. Body fat measurements will be taken at the beginning and at the end of twelve weeks. Take the challenge even if you cannot come to the weekly class, Call 656-1943 for details.

Aerobic & Strength Classes

When: Fifty-minute classes are held at 0600, 1100, 1200, 1630 and at 1730 throughout the week

Cost: Free to Active Duty; Family Members may purchase an Eight-Class Punch Card for \$12 and DoD cards are \$16

Check out the Aerobic/Strength classes at your NPS Fitness Center. Call and ask about the exact schedule, 656-3118.

Fitness Classes

The following fitness classes will be available at the Fitness Center. Free to all members [military (active, retired, reserves), DOD and family members]. All classes will be held at 11 a.m. - 12 p.m.

03 Feb	Nutrition Strategy
12 Feb	Strength Training
19 Feb	Cardiovascular Training Techniques

The Great Race - Winter Fitness Challenge

When: 24 January - 1 March

Cost: Free to members

Eight week exercise incentive program. You will be put into random teams and everyone in your team must travel to a designated vacation spot. To earn exercise miles your cardiovascular or strength training workout can be done anywhere. Ask about the details at the Fitness Center. Incentive awards will be given out, and/or when you earn it you may purchase a Great Race t-shirt for \$10.00.

Babes With Babes

When: Tuesdays & Thursday at 1 p.m.

Cost: \$4.00 a day or \$15 for four classes

Our trainer Denise Vaughan brings her baby so new moms can exercise with their babies. Minimum requirement--babies must be able to left their own head. The weight maximum is approximately 40 pounds.

(3) Information, Tickets and Tours (ITT), Ms. Raish. We are currently in the process of hiring a new ITT Manager.

(a) Ski Lift Tickets. ITT has ski lift tickets to many Lake Tahoe area ski resorts. Check with ITT for locations and prices. Squaw Valley is offering free lift tickets to active duty military.

(b) Discount Coupon Books. ITT has discount coupons books to help save as much as 50% off on dinners and entertainment. The Entertainment Book sells for \$20 and Gift Check Books sell for \$10.00.

(c) See's Candies. Pick up a See's Candies gift certificate for your Valentine. Gift certificates are good for the purchase of one pound of candy for \$10.50.

(d) Hornblower Cruise Tickets. We have tickets for San Francisco dining cruises; champagne brunch and dinner dance.

(d) Whale Watching. Now is the season for great whale watching on the Monterey Bay. Sign up for a whale-watching trip in the ITT Office for \$13.00 adults and \$11.00 for children ages 3 - 11 years through Randy's Fishing Trips.

(4) Community Events/Liberty, Ms. Sierpien. Gave update on Army/Navy game activities. Everything went very well--we had great participation. All team players received t-shirts.

(a) Community Activities

Super Bowl Party

When: Sunday, 6 February

Time: Doors open @ 2:30 p.m.; kickoff @ 3:35 p.m.

Where: Trident Room

Prizes and Food provided. We are hoping the First Command will sponsor this activity again this year.

Mardi Gras Party

When: Saturday, 26 February; 6 - 11 p.m.

Where: Barbara McNitt Ballroom

Cost: \$15.00 per person (Open to all MWR Patrons)

Tickets go on sale 10 January at the ITT Office. Cajun/Creole buffet dinner and live entertainment provided by Red Beans & Rice.

Movie Nights. Due to the rescheduling of the renovation of the El Prado Dining Room, we will continue to show movies Monday through Thursday at 1800 until further notice.

(b) Liberty

Bowling

Date: Thursday, 20 January 2005

Time: Leave NPS at 8:45 p.m. - til?

Details: Transportation, shoe rental and four games of bowling at Monterey Lanes

Cost: \$5.00 per person

Sign up: Interested single sailors must sign up at ITT by Tuesday, 18 January

Alcatraz and Fisherman's Warf Trip

When: Saturday, 12 February 2005

Time: Leave NPS at 8 a.m.; leave San Francisco approximately 5 p.m.

Details: Transportation and ticket to Alcatraz/SF

Cost: Single Sailors \$10.00; Guest \$49.00

Sign up: Interested single sailors must sign up at ITT by Monday, 7 February

(5) Monterey Navy Flying Club, Ms. McGrath

(a) Discussed the pilot cost share program. This is a great way to get an aerial view the whale migration along the coast.

(b) Due to an accident in Texas with a T-34, all T-34s have been grounded by the FAA pending investigation through the end of January at which time they will make a decision.

c. Golf Course/RV Park Division, Mr. Stockly

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY
BOARD MEETING OF 5 JANUARY 2005

(1) Blood drive was successful; another one is scheduled for 11 April 2005.

(2) Redoing the bathroom behind the 16th green.

(3) Planning more demo days for January.

(4) RV Park has new hosts.

(5) Golf course is in great condition fertilized greens right before the rain hits.

d. Child Development and Youth Division, Ms. Ryan

(1) Looking for a volunteer youth basketball coach for ages 8 and 9 years. Season is 15 January - 5 March. All games are played on Saturdays. For more information, please contact Steve Duran, Youth Sports Coordinator, at sjduran@nps.edu or 656-2127.

(2) The Teen and Youth Center is looking for adult volunteers to assist with the implementation of Boys and Girls Club of America Programs for youth 6 - 18 years of age. If interested, please contact Steve Duran at 656-2127.

(3) The Child Development Center is looking for pre-school teachers that can work 30 - 40 hours per week. For more information, please call 656-2734.

(4) The National Association of Education for Young Children (NAEYC) has accredited the Child Development Center through 30 November 2008.

6. NEX, Mr. Lupton. Provided current NEX activity updates.

7. Fleet and Family Support Center, Mr. Burton. Provided current FFSC activity updates.

8. MWR Facilities, Mr. Thomas

a. We are currently transferring some additional money to get the marina rebuilt.

b. Awnings have been installed at the Del Monte Café.

c. The golf course well has been completed. It has the potential to produce 70-80 gallons of water a minute.


9. New Business

a. Ms. Raish. Resurfacing of MBAC court floors has been delayed; we will try to reschedule the work during the break in June in order not to disrupt the intramural programs, etc.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY
BOARD MEETING OF 5 JANUARY 2005

b. JOC Martin. Discussed plans for the Memorial Day concert on the lawn.

10. With no other items from the members, Mr. Thomas thanked everyone for attending and adjourned the meeting at 10:52 a.m. The next meeting is scheduled on Wednesday, 2 March 2005, at 10 a.m. in the La Novia Room, Herrmann Hall, NPS. NPS and tenant commands are invited to send a representative.



JAMES R. THOMAS

Distribution:

http://www.mwr.nps.navy.mil/advisory/content_advisory.htm

Copy to:

Advisory Board Members

Officer Students Spouses' Club (OSSC)

Military Officers Association of America (MOAA)

Superintendent's Student Council (SSC)

Monterey Pines Golf Association

Navy Monterey Golf Association

Naval Postgraduate School Sailing Association (NPSSA)

Fleet Reserve Association (FRA)